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## MAD ABOUT HUGH

GO FROM WUSS TO WOLVERINE WITH HUGH JACKMAN'S WORKOUT

PAGE 14

## Small tax OK, but fees? No way: Ford

City inches closer to subway approval, but other transit woes remain PAGE 3

## PM does the shuffle dance

Women, money and Twitter: That's what you need to know about changes to the cabinet. Metro explains PAGE 8

## 22-22-22 is not a new Taylor Swift song

But some of her Gen Y fans may be working in conditions that this employment phrase was coined for PAGE 18

# How Canada's top grocer made the drug deal

**Loblaw buys Shoppers Drug Mart.** It all went down in a minivan on a country road north of Toronto, exec says

One of the biggest retail deals in Canadian history was sealed with a handshake between Loblaw Companies Limited executive chairman Galen G. Weston and Holger Kluge, chair of Shoppers Drug Mart, after a meeting in a minivan on a rural road north of Toronto.

The two companies made $42 billion in revenue last year, which would make the merged company the biggest retailer by revenue in Canada, eclipsing U.S. discount retailer Walmart.

If the deal meets with regulatory approval — it must be approved by Canada's Competition Bureau — shoppers will be able to fill a prescription and pick up some President's Choice products at their neighbourhood Shoppers Drug Mart on the way home from work.

The alliance gives Loblaw access to smaller, niche locations.

The heads of the two companies say the friendly deal was brokered because it was a good match, but more importantly, the timing was right.

"I met with Holger in a minivan on a country road on Thursday morning at 8 o'clock," Weston said Monday.

"That's when I proposed to him the transaction."

But the two men said they've been in discussions over a potential sale for years.

"We'd been dating for some time," Kluge said.

Kluge said Loblaw was not the only contender for the drugstore chain, which has received solicited and unsolicited offers over the past few years.

Yet ultimately, Loblaw was the best fit and the deal that made the most financial sense.

"It was by far, superior to anything else that we have seen throughout our discussions over the last two years," he said. TORSTAR NEWS SERVICE/THE CANADIAN PRESS

MORE COVERAGE, PAGE 9

## IS IT BORN YET?

**Promotions manager Daniel Obando wears a baby doll wrapped in Union Jack decorations in Piccadilly as the U.K. prepares for the Duke and Duchess of Cambridge's first child. Due to deliver any time now, the Duchess is reported to have left London. This may be a royal pain to journalists who have camped out at St. Mary's Hospital in London since July 1. See page 10 for more.** PETER MACDIARMID/GETTY IMAGES

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| $146 | $124 | $106 | $172 | $172 | $154 | $161 |
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Old Burnhamthorpe

## Arrest made in triple slaying

Police arrested one person in connection with a triple homicide in the city's west end Monday evening.

Police were called to a townhouse on Old Burnhamthorpe Road where they found the three victims inside.

After an investigation and a brief standoff, police got the suspect "to come into custody without incident," Insp. Tim Crone said.

He could not confirm whether the three victims were related or how they knew the suspect.

Visit metronews.ca for the latest on the story.

TORSTAR NEWS SERVICE

Broadview & Gerrard

## Fire fallout shuts busy intersection

Firefighters have doused the flames, but a blaze that destroyed a century-old building last weekend will disrupt traffic until at least Friday.

Firefighters battled a four-alarm blaze Saturday at Broadview Avenue and Gerrard Street East, where a corner building crumbled, causing nearly $2 million in damages.

The Ontario Fire Marshal is investigating and has closed the intersection to all traffic, including TTC streetcars. TORSTAR NEWS SERVICE

Broadview and Gerrard remains closed. TORSTAR NEWS SERVICE

Coun. Norm Kelly looks on while Mayor Rob Ford speaks with reporters after meeting with Transportation Minister Glen Murray at city hall on Monday.

CARLOS OSORIO/TORSTAR NEWS SERVICE

# Ford still no fan of transit fees, despite tax increase

**City hall.** Scarborough subway looms closer, but funding for other projects is up in the air

Mayor Rob Ford is inching closer toward approval of a subway extension in the city's east end, with council expected to make a decision Tuesday on the proposed multibillion-dollar project.

But whether the tax-averse mayor and Premier Kathleen Wynne can find some common ground on funding other transit projects is still in doubt.

Ford surprised many last week when he agreed to a "modest" tax increase to fund the subway project — which Wynne took as a sign that he may be open to new levies to pay for other transit projects.

"The principle of needing to have a new revenue stream to build transit ... there seems to be more agreement on that principle now, and from my perspective, that's a very good thing," she said Monday.

But the mayor quickly quashed any hope that he'd had a change of heart, saying he's still "totally opposed" to any new fees.

"I always have been and I always will be, so that's not an accurate statement," Ford said Monday after a meeting with Transportation Minister Glen Murray.

Wynne and the mayor have been at an impasse over new fees to pay for transit in the Greater Toronto and Hamilton Area.

Ford has refused to consider any of the proposed levies, such as a hike in the HST, that Wynne insists are needed to raise $2 billion a year to relieve congestion in the region.

But the mayor said he intends to work with Murray on the subway project, and the two are "definitely on the same page." He'll also seek federal funding, which could include money from the private sector.

Federal Finance Minister Jim Flaherty is also "on board," saying there's infrastructure money available for the subway, Ford said. THE CANADIAN PRESS

**Quoted**

**"The federal government gets more than 50 per cent, almost 60 per cent, of the taxes out of this province and redistributes $11 billion of Ontario's taxes to other provinces."**

**Provincial Transportation Minister Glen Murray,** who is seeking investment in transit from the feds

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# Big bust hauls in 25 in GTA

**Fraud.** Funds from loans appeared in accounts in Ont., the U.S., Hong Kong and Switzerland

Twenty-five people have been charged with operating a complex scheme that used fake documents, businesses and accountants to defraud lenders — including "significant" financial institutions — of millions of dollars, Toronto police said Monday.

The group is alleged to have stolen $8 million in loans from private lenders, banks and institutions, and then laundered the proceeds.

The lenders included "companies we all deal with on a regular basis," said Det.-Const. Sarath Thayalan, who would not specify who had been targeted.

Police allege that potential lenders were approached by people impersonating accountants. They would claim the loans were for businesses across the GTA that provided services including woodworking, printing, cabinetry and crown moulding, but police said those businesses were in fact shell companies.

Thayalan said the fake accountants allegedly provided large numbers of falsified documents and even took prospective lenders on tours of actual businesses purporting to be the phoney companies.

Three men appear to be at the centre of the alleged scheme, police said. Daniel Kebbe, Elias Rassi and Michael Majeed, all 33, face charges.

THE CANADIAN PRESS


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## A spot of water

Rahniyah Joseph, 7, reacts to the spray of water after she tried to stem the flow with her hand at the Sunnyside Boardwalk splash pad on Monday. The whole city was in cool-down mode as the heat and humidity continued to climb, with no relief in sight until the weekend.

CHRIS SO/TORSTAR NEWS SERVICE

# Vaughan. Ministry staff suspended after death at unlicensed daycare

Two Ministry of Education staffers have been suspended in the wake of a toddler's death at an unlicensed daycare in Vaughan.

While the names of the employees are being kept secret due to "human-resource issues," sources say the suspensions are due to a failure to follow up on earlier complaints of overcrowding at the home-based operation.

That revelation comes as Ontario Ombudsman André Marin on Monday formally launched "a systemic investigation" into how the Ministry of Education responds to public concerns about unlicensed daycare providers.

"I was ... horrified to learn ... of the death of the two-year-old girl at the unlicensed daycare in Vaughan," Premier Kathleen Wynne told reporters at Queen's Park.

"It's unacceptable that complaints against this daycare were not followed up. My heart goes out to the family."

Insiders say the sanctions against the two unionized workers were taken last week after Education Minister Liz Sandals publicly indicted her own department for falling short.

"I learned earlier today that the ministry did not respond to all previous complaints made against this unlicensed provider, as is the normal policy of the ministry," Sandals said in a statement on Thursday night.

"This is clearly unacceptable, and I have directed my deputy minister, George Zegarac, to conduct a detailed examination of this incident as well as related ministry processes."

The cause of the little girl's death has not been determined. TORSTAR NEWS SERVICE

**Steps taken**

**"There's an internal investigation going on as well as the coroner's investigation. Disciplinary action has been taken — and if there's more then that will be done."**

Premier Kathleen Wynne

# Wynne bracing for slap from Ontario voters

Kathleen Wynne says the Liberals are in for some "tough local fights" in five byelections on Aug. 1. VINCE TALOTTA/TORSTAR NEWS SERVICE

**Aug. 1.** Premier playing down expectations for coming byelections

Premier Kathleen Wynne is bracing for a cold dose of reality from voters on a hot August night.

"Byelections are unpredictable. They're tough for government," Wynne said Monday in her first public comments since calling the Aug. 1 votes in Etobicoke-Lakeshore, Scarborough-Guildwood, Ottawa South, London West and Windsor Tecumseh.

She said the byelections give voters a chance to send the government a message without upsetting the political order.

"There's no way whatever happens in these byelections that there will be a Conservative or an NDP government, so it's a pretty risk-free way for people in ridings to send a message to government about upping a game," she said.

"They're tough local fights."

But Wynne, who has returned to Queen's Park after two weeks off, is mindful the byelections in long-held Liberal ridings are her first electoral test since succeeding Dalton McGuinty five months ago.

"Has that been a honeymoon, what I've been on?" she joked.

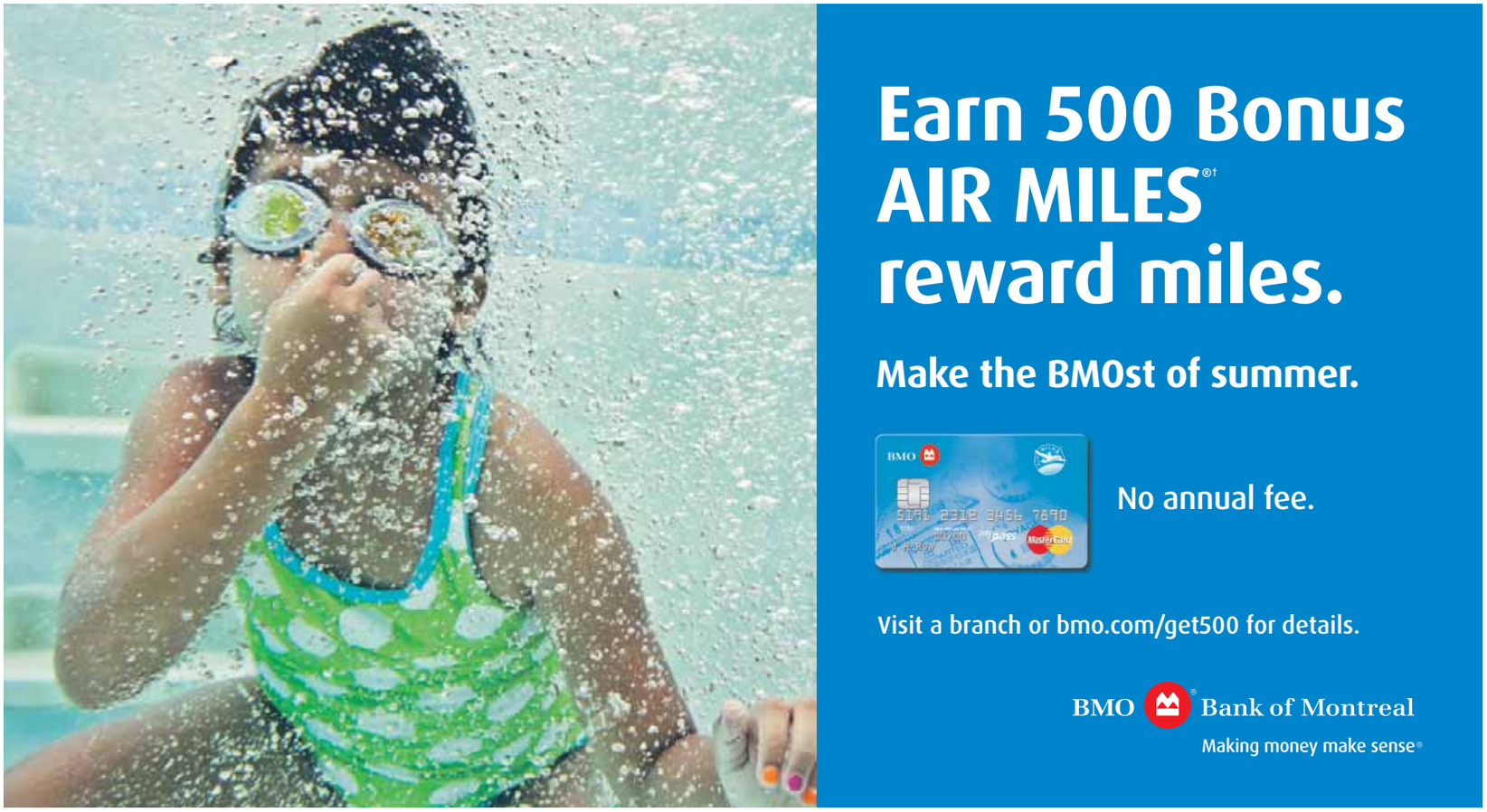
"I've heard it clearly that Ontarians want good management, better management of their tax dollars. That's what the whole discussion about the gas plants in Oakville and Mississauga have been about," Wynne said, referring to the Liberals' $585-million cancellation of two power plants.

"They want a sharper focus on jobs than on austerity."

Advance polls open this weekend. Go to Elections Ontario's byelection website for details. TORSTAR NEWS SERVICE

**Speaking out on adviser**

- Still reeling over child-pornography charges against former adviser Benjamin Levin, Premier Kathleen Wynne on Monday stressed Levin had no role in formulating the sex-education curriculum.
- "Ministers and deputy ministers do not write curriculum," said Wynne, a former education minister whose revamp of sex education was nixed by ex-premier Dalton McGuinty in 2010 after some religious groups complained.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**Citizen action**

## Dad berated after baby left in hot car

A group of people in the parking lot of an Oakville Home Depot are credited with alerting police to a nine-month-old baby left alone in a car on Sunday.

Halton police said the people had confronted the father of the baby girl for leaving her in the car while he went to get food. She was in the vehicle for 10 to 15 minutes and "was sweating profusely and crying" when she was found, Sgt. Dave Cross said.

Emergency crews assessed the baby and her mother came to take her home.

The case is under investigation. TORSTAR NEWS SERVICE

# Ontario economy slowly picking up

Ontario's economy appears to be sputtering back to life, with annualized growth of one per cent in the first quarter of the year, an improvement on the 0.6 per cent growth in the fourth quarter of last year.

"Ontario's strong economic fundamentals as well as government actions are helping Ontario's economy to recover from the global recession," Finance Minister Charles Sousa said Monday.

With private-sector forecasters expecting improved growth — the average is 1.5 per cent for this year and 2.3 per cent for 2014 — the governing Liberals believe they can still eliminate the deficit, which sits at $11.7 billion, by 2017-18.

Sousa noted household consumer spending and increased business inventories were the main contributors to real gross-domestic-product growth in the first three months of the year.

Indeed, business increased inventories by $3.5 billion in the quarter after accumulating some $2.6 billion worth of stocks in the final quarter of 2012. TORSTAR NEWS SERVICE

Charles Sousa TORSTAR NEWS SERVICE

Labelling concerns

## ‘Broad spectrum’ sunscreen carries broad definition

Some may think “broad spectrum” sunscreen protects from such rays, but Canadian labelling hasn’t yet caught up with U.S. laws. A 2012 rule calls for UVA protection in all “broad spectrum” products. Health Canada is mulling similar regulations. **GRAHAM LANKTREE/METRO IN OTTAWA**

Charity drive

## Woman dies in Channel swim

British officials say a woman has died while trying to swim the English Channel as part of a charity drive. A Facebook page set up to promote her swim said Susan Taylor collapsed in the water on Sunday. **THE ASSOCIATED PRESS**

Manitoba flood

## Evacuees’ hotel to close after owner says cash denied

A Manitoba hotel is being forced to close and evict dozens of 2011 flood evacuees over $3 million in unpaid bills. An association of native firefighters has been given millions to care for evacuees, but the hotel owner said the group hasn’t paid him since he accused it of squandering money. **THE CANADIAN PRESS**

# And the lawsuits begin

**Lac-Mégantic disaster.** Mourner, café owner set for first class action

A motion to file a class-action lawsuit has been registered by two Lac-Mégantic residents in the opening volley of what could be a years-long, multimillion-dollar legal battle.

It comes just over a week after a deadly train derailment that has already prompted various investigations, including a criminal probe.

The motion was filed Monday by two men who want to sue the owners of the train that killed an estimated 50 people.

One of them is Yannick Gagné, who owned the Musi-Café bar where many people died in the tragedy; the other is Guy Ouellet, whose partner of five years, Diane Bizier, lost her life in the blaze. Three of Gagné’s employees also died.

Even the lead lawyer on the case was affected by the blast, which destroyed his office.

The defendants are the Montreal, Maine & Atlantic railway (MMA), company chairman Edward Burkhardt, president Robert Grindrod and train operator Tom Harding.

No financial sum was mentioned in court documents, but lawyers predict the case could involve more than $10 million.

The suit seeks damages for people who lost loved ones, for those who were injured and for property and business losses.

Barely a week after the tragedy, law firms have swiftly lined up to get a piece of the potentially lucrative action.

Lawsuits could be filed in Quebec, Maine — the headquarters of MMA — or even Illinois, where the company’s parent company is located.

One Chicago firm that specializes in transportation disasters says plaintiffs could stand to gain millions by taking the company to court in the U.S.

“I think the best way to phrase it is that Illinois does not have limits on wrongful-death damages,” said Bradley Cosgrove, a partner at Clifford Law Offices. **THE CANADIAN PRESS**

A fireman drives by a charred car on Monday on the site of the train-crash explosion in Lac-Mégantic, Que., that killed an estimated 50 people. A class-action lawsuit motion has been filed just over a week since the incident. JACQUES BOISSINOT/THE CANADIAN PRESS

# Elliot Lake mall nearly lost mortgage over disrepair

Water damage at the Algo Centre Mall in Elliot Lake was so severe the bank threatened to pull the mortgage years before it collapsed, an inquiry heard Monday.

The threat sent the Nazarian family, who owned the mall, on a frantic scramble to forestall the default, but the needed repairs were never made.

“We were in desperate need of funds to fix the roof,” testified Levon Nazarian, who worked alongside his father.

In the summer of 2008, the Royal Bank noted an inspection had revealed it would cost $3 million to make the repairs.

In an effort to head off the bank, the Nazarians signed a deal with a purported contractor, who aimed to borrow $1.7 million to carry out the repairs.

Commission lawyer Peter Doody was incredulous.

“So the company that was going to do the work was going to borrow the money to pay itself?” Doody said.

The contract was forwarded to the bank as evidence the repairs were being done but it was never executed. **THE CANADIAN PRESS**

Bob Nazarian, left, owner of the ill-fated Algo Centre Mall in Elliot Lake, with his son Levon at the inquiry. COLIN PERKEL/THE CANADIAN PRESS


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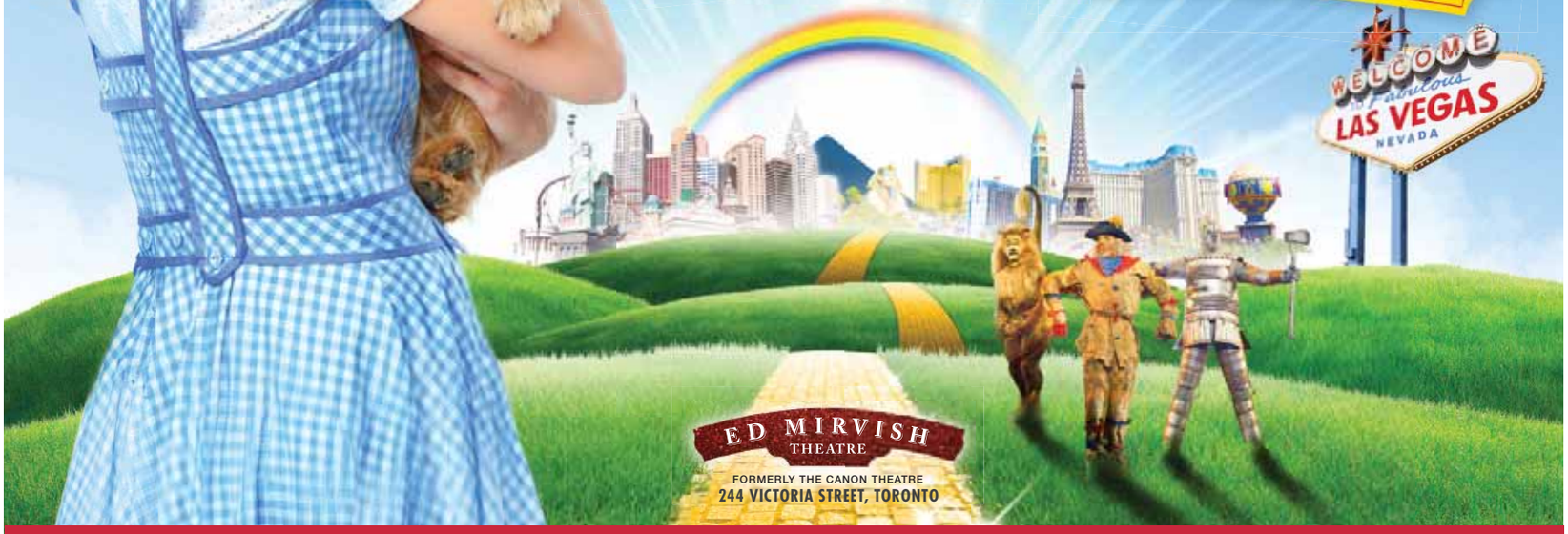


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# Tories do the shake and shuffle

Prime Minister Stephen Harper gave his cabinet its biggest shakeup since his Conservative government first came to power. Here's 3 things to know:

## Half of new faces are women

Eight new faces joined the cabinet, including four women. Shelly Glover, a Manitoba MP, comes aboard as heritage minister; Alberta MP Michelle Rempel has been named minister of state for western economic diversification; Ontario MP Kellie Leitch is taking on the labour portfolio; and Manitoba MP Candice Bergen was named minister of state for social development. "To the young women of this country, we can make it in #cdnpoli," Rempel tweeted.

## The money won't change hands

Finance Minister Jim Flaherty, Foreign Affairs Minister John Baird and International Trade Minister Ed Fast held on to their key economic portfolios. But some high-profile ministers changed jobs, including Peter MacKay, who is now the justice minister.

MacKay, left, Rempel and Flaherty

## #shuffle13 is not a playlist

The news came out via Harper's official Twitter account in advance of a formal announcement about the cabinet shuffle. @JustinTrudeau also took to Twitter: "The only Minister with any power in this Cabinet is the Prime Minister. Today's shuffle does nothing to change that." ... And now-former junior transport minister @stevenjfletcher voiced his disappointment: "I am Conservative. I am a traditionalist. I wish I left Cabinet in the traditional way — with a sex scandal! THE CANDIAN PRESS/ TORSTAR NEWS SERVICE

# Thailand. School sorry for students' Hitler banner

Thailand's premier university has apologized for displaying a billboard that showed Adolf Hitler alongside Superman and other superheroes, saying Monday it was painted by ignorant students who didn't realize Hitler's image would offend anyone.

The huge billboard was placed outside the art faculty of Chulalongkorn University as part of a tribute to this year's graduating class.

It said "Congratulations" in bold white letters and showed Hitler with his arm raised in a Nazi salute next to Batman, Captain America, the Incredible Hulk and Iron Man.

"(We) would like to formally express our sincere apology for our students' 'Superhero' mural," art school dean Suppakorn Disatapundhu said in a statement issued Monday. "We are taking this matter very seriously." THE ASSOCIATED PRESS

A student poses in front of a superhero-themed banner that included Adolf Hitler at the Chulalongkorn University in Thailand. COURTESY SIMON WIESENTHAL CENTER

Mauritania

# Canadian with alleged al-Qaida ties to be freed

A 24-year-old Canadian man is to be released from a Mauritanian jail after being sentenced to 18 months in prison and a $2,000 fine for alleged ties to al-Qaida's North African branch, known as al-Qaida in the Islamic Maghreb, officials said.

The Mauritanian appeals court decided Sunday to free Canadian national Aaron Yoon, the same day as his sentencing, because he has already been imprisoned for the duration of his sentence, prosecutor Ahmed Ould Abdalla told The Associated Press.

"The court has decided to free the Canadian, Yoon, because he has already served his time. He will be expelled from Mauritania immediately," said Abdalla.

Yoon was first arrested in December of 2011.

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# Pharmacy wars heat up as Loblaw buys Shoppers

**What, no Optimum Points?** $12.4-billion deal raises stakes as Loblaw follows on the heels of Sobeys, which picked up 199 in-store pharmacies last month

Galen Weston, executive chairman of Loblaw, holds his four-year-old son, Graydon Weston, following a press conference in Toronto on Monday announcing that Loblaw Companies Ltd. will acquire Shoppers Drug Mart Corp. for $12.4 billion in cash and stock. MICHELLE SIU/THE CANADIAN PRESS

Two of Canada's biggest retailers have struck an agreement to combine their operations, with Loblaw Companies Ltd. buying Shoppers Drug Mart Corp. for $12.4 billion in cash and stock.

The acquisition will keep Shoppers' brand name in place and allow it to operate as a separate division of Loblaw, the companies said on Monday.

But it also raises questions about the next major deal in Canada's hotly pursued pharmacy retailer sector.

Last month, fellow grocer Sobeys picked up the Canadian assets of grocer Safeway for $5.8 billion in a deal that included 199 in-store pharmacies.

"With today's transformational partnership between Loblaw and Shoppers Drug Mart, we are changing the retail landscape in Canada," Galen Weston, executive chairman of Loblaw, said Monday.

"I've long believed that becoming a Canadian health and wellness, and nutrition, champion represented the most powerful next chapter for Loblaw."

Loblaw is offering $33.18 in cash plus about six-tenths of a Loblaw share for each Shoppers Drug Mart common share.

The proposal was valued at $61.54 per Shoppers Drug Mart common share based on Loblaw's share price before it was announced, more than a 29 per cent premium on Shoppers' average trading price.

THE CANADIAN PRESS

## Asiana. Airline to sue station over racism

Asiana announced Monday that it will sue a San Francisco TV station that it said damaged its reputation by using bogus and racially offensive names for four pilots on a plane that crashed this month in San Francisco.

An anchor for KTVU-TV read the names on the air Friday and then apologized after a break. The report was accompanied by a graphic with the phoney names listed alongside a photograph of the burned-out plane that had crashed at San Francisco International Airport on July 6, killing three and injuring dozens.

Video of the report has spread widely across the Internet since it was broadcast.

The National Transportation Safety Board apologized, saying a summer intern erroneously confirmed the names of the flight crew.

THE ASSOCIATED PRESS

**Reputation**

Asiana will not sue the NTSB because it said it was the TV report that damaged the airline's reputation.

**Cooling off coming?**

## Home sales heat up in June: CREA

Home buyers extended a trend of increasing sales into its fourth consecutive month, according to the Canadian Real Estate Association as mortgage rates also crept up last month.

However, economists suggested Monday that the higher rates could help cool the market through the second half of the year.

"Interestingly, the recent move up in five-year fixed rates ... might have actually stoked sales activity in June, with buyers making their move before their lower rate contracts expired," said Robert Kavcic, a senior economist at the Bank of Montreal.

"If so, that could set the stage for another cooling-off period this summer."

THE CANADIAN PRESS

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| 40 | 13 | 11 | 16 | 13 | 24 | 19 |
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**They're back, baby!**

## Twinkies' defence: Previous company downsized cakes

Twinkies are back, but they may be a bit smaller than you remember. The new boxes hitting shelves this week list the spongy yellow cakes as having 135 calories for one cake. Right before it went out of business, the predecessor company had said that Twinkies were 150 calories per cake. A spokeswoman for Hostess said that the size change was made by the predecessor company.

THE ASSOCIATED PRESS

**Market Minute**

DOLLAR 96.02¢ (-0.17¢)

**Natural gas:** $3.67 US (+3¢)
**Dow Jones:** 15,484.26 (+19.96)

**TSX** 12,528.35 (+66.18)

**OIL** $106.32 US (+37¢)

**GOLD** $1,283.50 (+$5.90)

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# NOT ALL RIGHT TO WEAR WHITE

SHE SAYS

**Jessica Napier**
metronews.ca

I've witnessed my fair share of wedding faux pas over the years — drunken speeches, lewd dance-floor moves, annoying iPhone ringers that erupt in the middle of the "I do." But of all the questionable things I've seen, none of these blunders are as appallingly premeditated as when a woman who isn't the bride shows up to the wedding in a long white dress.

You don't have to be an Emily Post devotee to be familiar with this established piece of etiquette and yet, without fail, there always seems to be at least one guest at every wedding who has the audacity to arrive in her showiest, whitest evening gown. At the last wedding I attended, there were no fewer than three women wearing floor-length frocks in various shades of virginal white. Who are these women and what is running through their brains when they decide to slip into a dramatic dress for someone else's nuptials?

Having a bit too much to drink at the open bar might be frowned upon, but deliberately competing for attention with the bride is unforgivable. It's not just taboo, it's a calculated effort to draw attention to yourself and with every colour of the rainbow at your disposal, there's really no excuse.

I don't care how smoking hot you look or how well it shows off your tan — wearing head-to-toe white to someone else's wedding is a sign of disrespect and is bound to raise some eyebrows.

Yes, I know these events should be about two people showcasing their love and commitment to one another and they shouldn't really be about the outfits, but come on, ladies. There are plenty of occasions that demand a white dress code — croquet matches, lawn-bowling competitions, cotillion balls — so save your colourless finery for another time.

Brides put months of work into their big day while most guests are simply expected to bring along an envelope of cash or a kitchen appliance in exchange for a free meal. Given the amount of time and effort a bride puts into finding her ideal gown, it's not too much to ask that female guests opt for colourful cocktail dresses and let her be the only one in white.

There are extenuating circumstances, of course. Pippa Middleton's show-stealing white dress at her sister's wedding was the result of an old British superstition that advises bridesmaids wear white to ward off evil spirits. And I'm sure no one said no to Jay-Z and Beyoncé when the couple asked their guests to wear white to their wedding in 2008.

Otherwise, guests should assume that all shades of cream, ivory and eggshell are off-limits.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

# Baby watch is a royal pain

CHRIS JACKSON/GETTY IMAGES

## It's a camp-out at St. Mary's Hospital

Members of the world media are seen taking a break outside the Lindo wing of St. Mary's Hospital as the U.K. prepares for the birth of the first child of the Duke and Duchess of Cambridge.

Some journalists have been set up outside the hospital since July 1 awaiting the birth of the third heir to the throne. **METRO WORLD NEWS**

**Thirst for news grows**

**"When Di went into hospital the photographers set up their ladders, there were around 200 of them.... But that was only when she went into hospital."**

**Ingrid Seward, editor of Majesty magazine and royal biographer,** comparing this media frenzy to that during Prince William's birth.
Another speculator, royal author Phil Dampier, said, "I've never known anything like it in my 28 years reporting on the royals."

**Twitter**

**Even before the palace announces the birth by bulletin and tweet, Twits were talking about it:**

**@piersmorgan:** Things I'm very glad I've never had to do: "Royal baby watch".

**@rblandford:** Royal baby still not released as it has not yet reached its target on Kickstarter.

**@AshleyBoorman:** Come on Kate! Push the baby out in the morning. Give me a bank holiday on my birthday #RoyalBaby

**A disappointing day**

## July 13

**The supposed due date — July 13 — has come and gone. Royal commentators are complaining that the lack of information coming from the palace has called everyone to panic stations. The palace only said that the date would be sometime this month. Given the media circus that has surrounded the royal baby from the beginning, including gifts of knitted kangaroos and a deluge of dead-end tidbits from unnamed and arguably non-existent "sources," it is perhaps not so surprising that Britain's enthusiasm is beginning to flag.**

# Pumping up Parkdale. Film, video fest puts emphasis on community

## News worth sharing

Local artists are gearing up to show us the meaning of community.

From July 19 to 21, the Parkdale Film + Video Showcase will present film, video and media installations that explore this eclectic Toronto neighbourhood.

The festival seeks to use public space in creative ways, with storefront installations and outdoor screenings in local parkettes.

"By using these spaces for community events, we can breathe new life in them and make them safer for residents," says programming coordinator Rebecca Gruihn.

This year's films look at changing ideas about community — from the loss of community due to immigration and colonization, to the process of building global community as a step toward peace.

For more information, visit parkdaleshowcase.ca.

**CRAIG AND MARC KIELBURGER**

*Craig and Marc Kielburger are founders of the international charity and educational partner Free The Children. Email them for more information and to get involved. Send your stories to goodnews@metowe.com.*

**Twitter**

**A new study from Ohio State University says smokers cost employers $3,000 a year per employee in lost productivity. @metropicks asked: Should it be docked from their pay?**

**@plussizepanda:** of course it should. I don't leave my office ever half hour for 10 minutes at a time!

**@AlanSimpson:** Maybe something more proactive? Smoking cessation options, smoking on company time guidelines, etc...would all be more effective.

**@blinner56:** and what's worse is if you're a non-smoker you don't get as many breaks as a smoker does.

**@BourbonShot:** is it not law that you get a 15 min break every 4 hours, smoker or not? Abide by that. Boom, done. Next question.

**@ksawka:** it's an addiction right? What if we gave alcoholics paid breaks to sneak out back for a swig from the bottle?

**@TP_TV:** These are called work breaks whether ppl smoke drink coffee or take a walk they are entitled to them as employees

**@Jonny_EP3:** as a smoker, I take the 3 breaks I am provided by my employer, just like any other employee here.

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**DVD reviews**

## Evil Dead

**Director.** Fede Alvarez

**Stars.** Jane Levy, Shiloh Fernandez, Lou Taylor Pucci

The really scary thing about Fede Alvarez's Evil Dead is its failure to shock. Are we now completely desensitized to movie horror? Arriving 32 years after Sam Raimi's The Evil Dead shotgunned cabin terror into indie legend, the social gulf between the two films couldn't be wider. The 1981 original parlayed geek savvy, improvised gross-out effects and inspired camera work (that swooping evil POV) into a splatterfest that appalled and delighted its Reagan-era audience. It was novel because it was so eager to go for broke. The remake misfires because it's content to play it safe, in the process losing more than just the "The" from the title. Granted, it has all the mutilation, decapitation, dismemberment, sawing, shooting, roasting, nailing, puking, burying, buzz-sawing and screaming you'd expect from an Evil Dead movie — and consider this fair warning for anyone not already versed in franchise lore. It's precisely because you expect all these things that Evil Dead inspires more tedium than terror. Extras include a director/commentary and making-of featurettes.

**PETER HOWELL**

Michael Cera, 25, stars in Crystal Fairy, where he plays a self-serving jerk. THE ASSOCIATED PRESS

# No more Mr. Nice Guy

**Crystal Fairy.** Michael Cera's new character is a far cry from innocent little George Michael Bluth

**MATT PRIGGE**
Metro World News in New York

Before discussing his new microbudgeted film, Crystal Fairy, Michael Cera gushes about the films of John Cassavetes. He cites Opening Night, starring Gena Rowlands as an unhinged stage actress, as his favourite. But he didn't come around to Husbands — the filmmaker/actor's seething look at three friends' joint bender — right away. "The first time I watched it I felt like I was watching an acting class — actors flexing their muscles. But now I really love it."

That said, if Cera, now 25, wants to be taken more seriously as a thespian — or even shed his nice guy George Michael Bluth image — he's not being open about it. When asked about hunting for edgier fare — like Crystal Fairy, in which he's an Ugly American on a drug trip — his answer is quiet and modest. "I was just trying to find people to collaborate with who had similar sensibilities," he says. "It's one of the great things about being involved in this business, that you can meet people who are so talented, whose stuff you admire, who you can potentially work with."

After seeing The Maid, a hilariously neurotic Argentine dramedy about a grumpy housekeeper, he reached out to its director, Sebastian Silva. The two wound up collaborating on two movies. When the first, Magic Magic about a woman's (Juno Temple) descent into madness, ran into budget problems, they ran off to make the tiny Crystal Fairy in 12 days. There wasn't a script, but there was a treatment. Everything was planned but the dialogue, which Silva would sometimes feed his actors — also including Gaby Hoffmann as the titular hippie — before takes.

Cera briefly played an abrasive cokehead version of himself in This is the End, but Crystal Fairy finds Cera as a jerk at feature length. "He's pretty self-serving," he explains. "He's incapable of putting himself in other people's shoes. He's so stuck in his head and his own agenda. In terms of playing him, though, it's so much fun. You'll pretend to be nice to someone when you're just manipulating them, or just be outright rude to them."

That's a different persona for him, and a different way of working. "We'd just run the camera and film the scene, so you could really immerse yourself in that feeling," Cera says.

**I like the cut of your jib**

"I really like the way Michael looks. I'm really into how people look. His is such a versatile face. I feel it could be anything. I don't think I could ever work with, like, Ryan Gosling. Not that I don't like his acting, but I'm not intrigued by his looks."

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# Making a film at the pace of a snail

**Turbo.** Canadian animator tread a long way from conceiving his idea of racing molluscs to getting it up on the big screen

RICHARD CROUSE
scene@metronews.ca

The Sheridan College-trained Dreamworks animator David Soren first hit on the concept of Turbo 10 years ago.

"It started as a lark," he says.

"There was a competition and I turned in the idea the night before the deadline. The Fast and the Furious with snails. That was it. It happened that it won the competition and Dreamworks bought the idea. Then it went nowhere for a long time."

While Soren worked on other projects like Chicken Run, Shrek, Shark Tale and directed a trio of TV specials based on the Madagascar film franchise, the idea of an aspirational snail with dreams of speed stayed with him.

"My six-year-old boy, from birth, came with a love of cars and racing and all things fast," he says.

"I was not a car nut or a race fan growing up but it really got me thinking about the character in different terms and that freed me up to realize that a snail really is kind of a perfect underdog.

"Nobody expects anything of them. Their lives are filled with obstacles; nobody really knows what they do, other than being gross and pesky."

The next step was character design, no mean feat when your stars are 90 per cent shell.

"In the beginning the fact that all those things that you usually rely on, like arms and legs and eyebrows (were missing meant that) we had to get more creative about how to do it. I did drawings early on of these snails with arms and it was creepy.

"It was just a matter of coming up with other viable ways for them to emote and move around."

Taking his kids to animated movies also gave him a real sense of what he wanted and, more importantly, didn't want, in Turbo.

David Soren, far right, attends the Turbo premiere in Barcelona with Turbo stars Michael Pena, Samuel L. Jackson, Snoop Lion and Ryan Reynolds. GETTY IMAGES

**Give Turbo a chance**

**"...A snail really is kind of a perfect underdog. Nobody expects anything of them, their lives are filled with obstacles..."**

Turbo writer and animator David Soren

"I find myself growing impatient with animated movies that are just a bunch of gags," he says.

"I feel like I am just going to amuse or babysit my kid. And yet by the same virtue I think it is pointless to make an animated movie that doesn't have some appeal to children.

"It has made me want to see all sides of it a bit more and find the heart, find the human story in there — that universal thing that any audience member can connect with but not lose the kids either, because they're important."

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DEFINITELY DEAD

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

## *Jenny's got a View, and I've got one too*

THE WORD
Dorothy Robinson
scene@metronews.ca

I've written this column for a long, long, long time, covering celebrities who do stupid and irresponsible things. But there is no one more stupid and more irresponsible than known anti-vac personality Jenny McCarthy, who was just named the new co-host of The View on Monday morning.

"We are delighted that Jenny will be joining us as a permanent co-host on The View starting in September," Barbara Walters said in a statement. "Jenny brings us intelligence as well as warmth and humour. She can be serious and outrageous."

For her part, McCarthy said, "I'm beyond thrilled to be joining Barbara and the other amazing women at the table. I look forward to helping make hot topics a little bit hotter."

Are those hot topics whether or not you should vaccinate your children? McCarthy has claimed that vaccines cause autism to such mainstream news organizations as Larry King Live and Frontline, and has worked as a spokesperson for various, fringe anti-vaccination groups.

There is absolutely no scientific evidence that vaccines — which keep our children from succumbing to terrible diseases — cause autism.

Her stance is extremely dangerous for the well-being of our children and society as a whole. It is my sincere hope that The View explicitly states in her contract that she is not allowed to spew her anti-science lies on broadcast television. Shame on Barbara Walters, a true journalist, for giving this fear-mongering nitwit a microphone. My only hope is that maybe, just maybe, they're drastically changing the format of the show, and Walters and the other View girls will be contestants on a reloaded version of Singled Out.

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LIFE 3

# Get the Wolverine body

**Fitness.** This summer, Hugh Jackman reprises his role as self-healing mutant Logan in The Wolverine. His trainer, David Kingsbury, tells us how he went from skinny to superhero

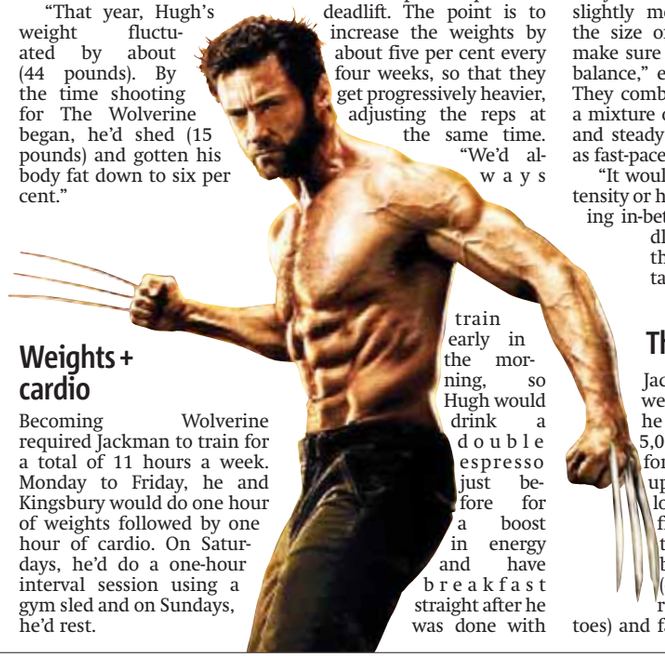
ROMINA McGUINNESS
life@metronews.ca

Hugh Jackman and his personal trainer, David Kingsbury, started getting ready for The Wolverine halfway through working on Les Misérables, for which Jackman's character, Jean Valjean (a prisoner turned wealthy merchant), had to go from looking scrawny to robust within weeks.

"In the first section of Les Miz, Hugh had to be thin. But for the second section, he had to bulk up," Kingsbury tells Metro. "That was actually quite early on, and that gave us an extra couple of months of training dedicated to The Wolverine."

Initially, they worked on building up strength and size but in the final stages they had to trim him down.

"That year, Hugh's weight fluctuated by about (44 pounds). By the time shooting for The Wolverine began, he'd shed (15 pounds) and gotten his body fat down to six per cent."



## Weights + cardio

Becoming Wolverine required Jackman to train for a total of 11 hours a week. Monday to Friday, he and Kingsbury would do one hour of weights followed by one hour of cardio. On Saturdays, he'd do a one-hour interval session using a gym sled and on Sundays, he'd rest.

Jackman was put on a progressive overload weight-training plan to build up strength on basic lifts like the bench press, squat and deadlift. The point is to increase the weights by about five per cent every four weeks, so that they get progressively heavier, adjusting the reps at the same time.

"We'd always train early in the morning, so Hugh would drink a double espresso just before for a boost in energy and have breakfast straight after he was done with the exercises. We worked both the upper and lower body, doing different movements each day, in order to allow the body to recover. We focused slightly more on increasing the size of his legs, just to make sure he maintained his balance," explains Kingsbury. They combined weights with a mixture of interval training and steady state cardio, such as fast-paced walking.

"It would either be low intensity or high intensity, nothing in-between, as the middle ground stuff is the worst for maintaining muscle."

**Wolverine in numbers**

- **Age.** 44
- **Weight.** 198 pounds
- **Height.** Six foot two
- **Body fat.** Six per cent
- **Calories/day.** 5,000
- **Total hours of workouts / week.** 11
- **Body.** 70 per cent diet and 30 per cent training

## The diet

Jackman's workouts were so intense that he had to eat around 5,000 calories a day for his body to keep up. His diet included lots of protein (eggs, fish, chicken), vegetables (spinach, broccoli), carbs (oatmeal, brown rice, sweet potatoes) and fats (avocado, nuts, peanut butter, olives) but excluded all sugar, including fruit and alcohol.

"He ate protein every day, but to maximize results, we'd cycle his carbohydrates. On weight training days, his first three meals would be carb heavy and the last three would include lots of healthy fats.

On non-weight training days (Saturday and Sunday) he would skip the carbs and just have healthy fats," says Kingsbury.

## What Hugh Jackman ate to bulk up

### Meal 1

A large bowl of oatmeal with cinnamon
Six scrambled eggs with ham and spinach
Two slices of rye bread toasted with peanut butter

### Meal 2

Broccoli, a 10-ounce steak, one boiled sweet potato

### Meal 3

Two grilled chicken breasts with lemon and herbs, brown rice
Spinach

### Meal 4

Grilled salmon
Half an avocado
Broccoli

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# How to stay hydrated

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In the Summer issue of Best Health we feature an article by one of our columnists, registered dietitian Sue Mah. She talks about the importance of getting enough fluids, especially in the hot summer months when we sweat more. The Dietitians of Canada recommends that women get about nine cups of fluids a day, and men get about 13 cups. But not all drinks are created equal.

**Healthy Choices**

Water: This is the best thirst-quencher. For natural flavour, add slices of orange, lemon, strawberries or fresh mint.

Flavoured water: Options such as Nestle Pure Life Splash are another healthy choice if you're not a fan of plain water. Splenda (sucralose) is used to flavour it, keeping it calorie- and sugar-free.

Coconut water: This contains potassium, an electrolyte we lose through sweat, as well as small amounts of magnesium, which we need for muscles and nerves. It also contains natural sugars, so look for brands that contain no added sugar.

**Not-So-Healthy Choices**

Fruit juice: While a cup of 100 per cent orange juice contains two servings of fruit and a day's worth of Vitamin C, it also has 110 calories and 22 grams of sugar (the equivalent of about five teaspoons). Instead, try one of the calorie-reduced versions, such as Trop-50, which has about half the calories and sugar. It's sweetened with extract of the stevia plant.

Iced coffee drinks: A large iced mocha coffee from Tim Hortons, for example, has 330 calories and 31 grams of sugar (about six teaspoons). For just one-third of the calories and sugar, order the small size, and ask for it to be made with milk instead of cream.

Look for part two next Tuesday, when I'll list more eye-opening choices.

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Health Solutions

# *There's an app for that (guest)*

**NUTRI-BITES**
Theresa Albert
DHN, RNCP
myfriendinfood.com

Entertaining season is here and you are sure to have one vegan, two vegetarians, a few gluten-frees, a handful of no-carbs and perhaps a lactose-y or two over to mess with your menu.

How are you supposed to feed them all? Here's an appetizer cheat sheet that can be mixed and matched to serve every palate and pickiness.

The healthy and delicious process is simple: mix together equal parts mild mustard and yogurt (or vegan mayo) and store it in a squeeze bottle in the fridge up to two weeks. It is your "glue". Then choose one item from the savoury list as your base, squeeze a drop of glue and top with one sweet item, et voila! It's a combo platter to suit each one of your fussy friends.

Smile pretty, now.

**Savoury**

- Cube of feta
- Cube of blue cheese
- Cube of cheddar
- Basil leaf
- Cube of cooked pancetta
- Zucchini Slice

**Sweet**

- Half a pitted date
- Pecan half
- Strawberry half
- Dollop of chutney
- Slice of apple
- Large caper or pickled onion

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MY-FRIENDINFOOD.COM

# You say potato, I say chocolate cake

Potato Chocolate Cake

This recipe serves 12 to 16. THE CANADIAN PRESS H/O

**1.** Heat oven to 180 C (350 F). Lightly grease a 33-by-23-cm (13-by-9-inch) baking pan and dust with cocoa powder. Remove excess cocoa powder and set aside.

**2.** In a bowl, whisk water into mashed potatoes until mixture is smooth.

**3.** In a separate large bowl and using an electric mixer, beat butter, brown sugar and vanilla for 4 to 5 minutes until light.

**4.** Add 2 eggs and mix until blended, scraping down sides of bowl; add remaining eggs and potato mixture, and mix until blended.

**5.** In another bowl, sift flour, cocoa, baking powder, baking soda and salt; stir to combine.

**6.** At low speed, alternate adding sifted dry ingredients with potato mixture until incorporated. Fold in chocolate chips.

**7.** Place batter in prepared pan; smooth out top. Bake for 30 minutes or until cake springs back when pressed lightly and begins to pull away from the sides of the pan.

**8.** Let cool in pan on a rack. Sift icing sugar over cake or spread with icing. THE CANADIAN PRESS/PRINCE EDWARD ISLAND POTATO BOARD

**Ingredients**

- 250 ml (1 cup) mashed hot Yukon Gold potatoes
- 250 ml (1 cup) lukewarm water
- 150 ml (2/3 cup) butter, softened
- 500 ml (2 cups) brown sugar
- 5 ml (1 tsp) vanilla extract
- 4 eggs
- 500 ml (2 cups) all-purpose flour
- 175 ml (3/4 cup) cocoa, plus extra for dusting pan
- 11 ml (2 1/4 tsp) baking powder
- 2 ml (1/2 tsp) baking soda
- Pinch salt
- 175 ml (3/4 cup) semi-sweet chocolate chips
- Icing sugar or icing (optional)

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# Are you over-insured? Read the fine print

Don't rely on an agent. Read your policy carefully to avoid being under or over-insured. ISTOCK IMAGES

YOUR MONEY
Alison Griffiths
money@metronews.ca

Are you covered? By insurance I mean. Recent floods in Alberta and greater Toronto and, of course, the tragic train derailment in Lac-Mégantic makes one wonder about protection from what life and nature throws at us.

It isn't exactly an exciting topic. As Woody Allen once said, "There are worse things in life than death. Have you ever spent an evening with an insurance salesmen?"

Insurance policies are so utterly tedious with their teeny tiny print and labyrinth-like wording. Consumers rarely read or understand them thoroughly. And even if you do, who is going to remember whether you have sewage back-up protection years after taking out an initial policy? Or for that matter, who notices if coverage has been amended over the years, which frequently happens?

The same is true of most manufacturer's warranties and extended coverage on purchases such as appliances. In fact, many people don't read the warranty before shelling out for (usually) unnecessary extended warranties.

I purchased a digital recorder this year and the salesman almost talked me into additional "bumper to bumper" insurance.

I read the manufacturer's warranty first and discovered that virtually everything offered by the extended warranty was already covered by the manufacturer. Had I read the document after buying extended coverage I would have been seriously annoyed.

This brings me to my new Frigidaire washer and dryer. The previous set, from the same manufacturer, lasted 20 years. I didn't read the new warranty, as the old duo had been such workhorses.

Rust has just appeared on the washer. Turns out that just about every peril is covered, except for rust. In this case the extended warranty, which did cover rust, would have been a good idea.

When accidents, incidents or disasters occur there are always going to be surprises about the extent of insurance or warranties. Even more so these days as insurance pervades our lives, from credit card balance protection to automobile liability.

Avoid being under or over-insured by taking the time to read each policy both at initial application and renewal. Don't rely on what a salesperson or agent tells you. So much depends on it.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

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# What to do if you're a 22-22-22

**What a difference digital makes.**
Looking to the law as the new landscape of work takes shape

PARISA NIKFARJAM
TalentEgg.ca

Born between 1981 and 2000, the millions of Canadian members of Generation Y have accepted working hours and conditions that have coined a new catch phrase in the workplace — "22-22-22" — meaning a 22-year-old willing to work 22-hour days for $22,000 a year.

Although the exact figures may differ from workplace to workplace (especially the 22-hour workday), the trend for members of Generation Y is to work more hours, at different locations, through different means, and often for less money.

While these arrangements may help the 22-22-22 employee get a foothold in the workplace and gain experience in their chosen fields, there are important employment legal implications that should be addressed by both employees and employers. Here is a snapshot:

### Health and safety in the workplace

The 22-22-22 arrangement may result in increased claims for benefits for fatigue, disability or psychological harm associated with working long hours, with little pay and little security.

For example, while volunteers and apprentices are not covered by the Employment Standards Act, 2000 (ESA) or the worker's compensation regime in Ontario, employers still have general responsibility for the health and safety of volunteers and apprentices, visiting or "helping out" in their workplaces under the Occupational Health and Safety Act.

### Overtime and digital labour

The ESA sets limits to the number of hours employees can work, which the 22-22-22 employee (working the "22-hour" workday) easily surpasses, creating entitlement to overtime. With certain exceptions such as doctors, lawyers, mushroom growers (seriously!), this entitlement cannot be bypassed by providing salaries or giving an employee the title of manager.

Whether or not digital labour is included in an employment contract, a 22-22-22 employee should keep clear records of digital activity connected to their employment in order to seek compensation for this work. ISTOCK

What may also add to the overtime claim of the 22-22-22 employee is the extent to which hours spent on emails, blogs, Facebook posts and tweets will constitute "work" for the purpose of compensation and overtime. It is not yet clear, unless it has been included in the employment contract, if social media work is compensable.

**THIS ARTICLE IS FOR GENERAL DISCUSSION PURPOSES ONLY AND SHOULD NOT BE REGARDED AS LEGAL ADVICE. PARISA NIKFARJAM IS AN EMPLOYMENT LAWYER WITH RUBIN THOMLINSON LLP.**

### Constructive dismissal claim

**If the employee (unwillingly) becomes a 22-22-22 employee over time, and it is through the employer's modification (or addition) of duties, the 22-22-22 employee may have grounds to refuse the additional work, and treat the employment contract as if it is at an end.**

- Remedy for constructive dismissal (i.e., reasonable notice payment) exists only if the employer's actions significantly and qualitatively changes the employment relationship (i.e., substantial change(s) in pay, duties, hours). This is a major step, and should not be taken lightly and without legal advice.
- With permanent employment becoming more elusive, 22-22-22 employment arrangements may be an acceptable option for many young employees. However, ignoring one's rights for a job, without at least having an awareness and/or conversation about one's legal entitlements and options, may not be the foundation on which to develop an entire career.

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# Grab the bully by the horns

**Face the fearsome.** It's often true that honey attracts more bees, but with an office antagonizer, calm confrontation is key

ALISON BOWEN
Metro World News

Maybe they swiped your papers from the copy machine.

Or "accidentally" left you off the email about a super-productive lunch meeting, for the third time. Or perhaps you avoid their cubicle, knowing every interaction turns aggressive. File all these scenarios under workplace bullying.

"Bullying, actually, many times is considered legal, believe it or not," says Mike Dreiblatt, president of Stand Up To Bullying. Unlike harassment, often covered in human resources handbooks as behaviour toward employees because of race, religion or ethnicity, bullying brings greyer edges.

Keep track of the times you feel you've been unfairly treated.
ISTOCK

One complicating factor? Ambition and being assertive are part of a cocktail that usually equals success in cities, Dreiblatt says.

But when assertive melds into aggressive, a bully sprouts.

"When you assert, you assert yourself," Dreiblatt says. "When you're aggressive, you're aggressive to someone else."

Bullies often target multiple people, he says, but even just one person's awful cubicle experience can affect company morale — for example, turnover.

"Sometimes that aggressive individual does bring in more money for the company," he explains.

But his caution for employers? "They bring down the productivity of everyone else in the end. There's a net loss, not a net gain."

Dreiblatt suggests first finding out your company's policy on bullying, if they have one.

Then, if you confront an aggressive person, have another person present, he advises.

"Make sure someone else is there who is able to witness the confrontation," he says.

And document, document, document. Write down each encounter — when it happened, what happened, who witnessed it. Many might be tempted to attempt to kill bullying with kindness. Good luck with that, Dreiblatt says.

"The idea that you're going to somehow buy them a pound cake and they're going to be nice to you probably isn't going to happen," he says. "This person has already shown themselves to be aggressive."

**Solutions?**

**Tips on how to handle a bully**

- Find out your office's policy on bullying.
- Document everything.
- Have a witness if you choose to confront the bully.
- Practice what you will say to the person.
- Create a script for yourself.
- Keep it short. "Less is more," he says.
- Describe the behaviour you find unacceptable, say it is not acceptable to you and explain how you request that they act in the future. Also say what you will do if it persists, such as meet with a manager.

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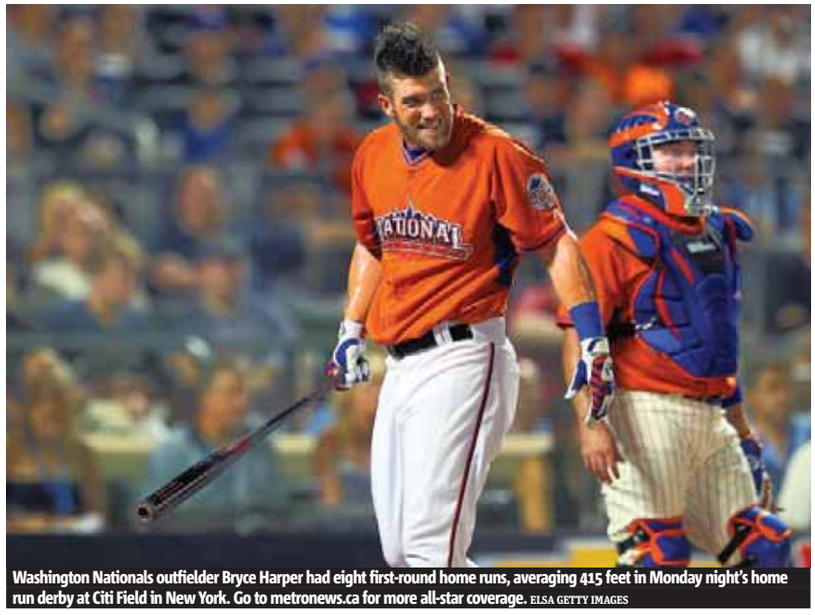
SPORTS 4

# Kids conquer MLB's Midsummer Classic

**They grow up so fast.**
Harper, Machado and Trout headline baseball's all-star youth movement


Washington Nationals outfielder Bryce Harper had eight first-round home runs, averaging 415 feet in Monday night's home run derby at Citi Field in New York. Go to metronews.ca for more all-star coverage. ELSA GETTY IMAGES

Flip on any highlight show and you're almost sure to see them, with those peach-fuzz faces and boyish features beneath their big league caps.

Mike Trout makes a diving catch on the warning track.

Manny Machado whacks another double into the corner at Camden Yards.

Bryce Harper belts a tape-measure home run or barrels into a catcher ... or an outfield fence ... or whatever stands in his way.

The next generation of baseball stars are here and they're changing the complexion of the game.

"These guys are coming up now with incredible talent, these young players," National League manager Bruce Bochy said Monday at Citi Field, where the New York Mets are hosting the All-Star Game. "I think they are just getting better, faster, bigger, stronger still, and it's impressive to watch."

No kidding.

Trout and Harper, the Rookies of the Year last season, are making their second trip to the All-Star Game. This time, they will start Tuesday night after getting elected by fans.

Some of baseball's best players are among the youngest on the field. Night after night, they put up unprecedented numbers and turn in spectacular plays.

"It's good for the game," Trout said. "A lot of young guys are playing fearless and making a name for themselves at an early stage in their career."

Harper is 20, and Trout is all of 21. Barely old enough to vote, let alone buy a drink.

Machado has spent less than a year in the majors, but that didn't stop him from earning his first all-star selection on his 21st birthday.

"In today's era, young dudes are getting better and more prepared to come up to the big leagues," said Orioles teammate Adam Jones, an all-star himself. "It's just an improvement in the game. These young dudes are phenoms, and he's put his name up there."

Machado was voted in by players, a significant sign of respect from his peers.

He certainly deserved it at the power-packed third-base position after hitting 39 doubles in the first half, threatening the single-season record of 67 set by Earl Webb in 1931.

"Swing and hit the white ball coming at you. That's all it is," Machado said. "There's no secret to it."

THE ASSOCIATED PRESS

**Changing of the guard**

**12**

There are 12 all-stars this season 24 or younger, seven in the NL. That's the most since a dozen were selected in 1993, according to STATS — a group that included Ken Griffey Jr., Mike Piazza, Gary Sheffield, Mike Mussina and Juan Gonzalez.

**Grown Manny**

**"He's probably more mature than I am, and I'm 27."**

**Baltimore all-star Adam Jones** on 21-year-old teammate Manny Machado.

**Welcome back to Russia**

## Kovalchuk signs with KHL team

Russian team SKA St. Petersburg says it has signed forward Ilya Kovalchuk to a four-year contract.

Last week, Kovalchuk walked away from $77 million left on his 15-year contract with the New Jersey Devils.

SKA did not disclose the terms of the deal with Kovalchuk in its statement Monday.

Kovalchuk scored 417 goals and added 399 assists in 816 NHL games.

THE ASSOCIATED PRESS

**No pity party here**

**"No one is going to feel sorry for you, the New Jersey Devils."**

**Devils head coach Pete DeBoer** on Ilya Kovalchuk's decision to retire from the NHL and return to Russia.

**Supplements seized**

## Italian police raid sprinters' rooms

Italian police raided the hotel where Jamaican sprinters Asafa Powell and Sherone Simpson and a Canadian trainer were staying Monday after the two athletes tested positive for banned stimulants.

Rooms of the athletes and physical trainer Christopher Xuereb were searched and drugs and muscle supplements were seized, Udine police captain Antonio Pisapia told The Associated Press.

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# Moore returns to NHL with wife in his heart

**Back from hiatus.**
Thornhill native hopes to re-establish hockey career after his wife died from a rare form of liver cancer

Dominic Moore is returning to the NHL after he spent last season mourning the death of his wife Katie. THE ASSOCIATED PRESS FILE

When Dominic Moore took a year away from the NHL, he did so with little to no fanfare.

Moore's wife Katie was diagnosed with a rare form of liver cancer in April 2012 and died Jan. 7, 2013, at the age of 32. The lockout had just ended, and his mind wasn't on hockey.

There was no formal announcement, just the eventual realization that the free-agent centre wouldn't be playing.

"It was a very difficult decision to decide to take some time away from the game," he said in an interview last week. "At the same time it was the right decision. I didn't want to do anything where I wasn't going to be able to give it my full attention or focus."

Fast-forward six months and Moore is ready to resume his career after signing a one-year, $1-million US deal with the New York Rangers. Moore hopes he can re-establish himself as an NHL regular and also use that stage to promote the Katie Moore Foundation and other charitable efforts.

"I think Dom is a 100 per-center. If he does something, he's 100 per cent committed. I don't think he would've been 100 per cent committed to playing hockey at that time," former Tampa Bay Lightning teammate and friend Marty St. Louis said in an interview Monday. "I'm so glad that he's back playing next year."

Moore is hosting the second Smashfest Charity Ping-Pong Challenge on July 25 in Toronto to raise money for the Katie Moore Foundation and some brain-injury and concussion-research groups. Martin St. Louis, Logan Couture, Joel Ward, George Parros and David Clarkson are among the current players set to take part.

"The support through the hockey world is great," Moore said. "Situations like this come up, you see how people come together to support each other, and I'm grateful for that." THE CANADIAN PRESS

NBA

## Raptors GM excited to unleash Psycho T

Tyler Hansbrough
TORSTAR NEWS SERVICE

When Tyler Hansbrough threw Toronto Raptors centre Jonas Valanciunas to the court during a game in February, it was one example of how his rough-and-tumble style can sometimes cross the line.

No foul was called and it's not a play Hansbrough wants to make a habit. But that's the kind of aggression around the basket the Raptors are hoping to get out of their newly signed power forward.

"He's going to knock you down," general manager Masai Ujiri said. "I think we need a little bit of that, and we're excited to have it."

Hansbrough, 27, is a small piece of a major reconstruction project for Ujiri and the Raptors. The team must forge a new identity, and if this addition is any indication, it will be one built on defence.

"I felt like they could use a guy like me," Hansbrough said. "I can bring a lot of toughness to the team, a lot of hard work and effort and bring some leadership just the way I approach the game and hopefully it will rub off."

Hansbrough joins a front court rotation that includes Valanciunas, Amir Johnson and Quincy Acy.

Defence is undoubtedly the strength of Hansbrough's game. He's averaging 8.9 points and 4.7 rebounds but is a solid low-post defender who plays beyond his six-foot-nine, 250-pound frame.

Ujiri has seen some development on the offensive end for Hansbrough, who got to the free-throw line 300 times last season, as much as San Antonio Spurs big man Tim Duncan. THE CANADIAN PRESS

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## Horoscopes

### ♈ Aries
**March 21 - April 20**
It's time to heal a rift with family members and get things back to how they used to be. The Sun in Cancer will make it easy for you to remind everyone that you are on the same side.

### ♉ Taurus
**April 21 - May 21**
By all means, speak your mind today but make sure what you say is backed up by the facts. If you play fast and loose with the truth now, you could regret it next weekend when Mercury turns direct again.

### ♊ Gemini
**May 22 - June 21**
You will be making some pretty big decisions over the next few days, so make sure you look confident even if you don't feel it inside. Others will take their cue from you.

### ♋ Cancer
**June 22 - July 23**
This is a time for action. Outstanding cosmic activity in your birth sign means you are ready to take on the world. The only thing that might hold you back is if you don't believe it.

### ♌ Leo
**July 24 - Aug. 23**
You seem to be looking over your shoulder a lot at the moment, but why? Be careful by all means today but don't let your fears get out of hand. Chances are there's no one out to do you harm.

### ♍ Virgo
**Aug. 24 - Sept. 23**
If you are involved in some kind of cause, others will rally round your flag. And if you're not, perhaps you shouldconsider getting involved. Make the world a better place.

### ♎ Libra
**Sept. 24 - Oct. 23**
Don't worry that you don't have the expertise to do a particular job. Once you have started, you will quickly learn what needs to be done. Other people know what you are capable of, but do you?

### ♏ Scorpio
**Oct. 24 - Nov. 22**
If you would like to get away, if you would like to leave the daily grind behind you and go some place where the fun never stops, now is the time to pack your bags.

### ♐ Sagittarius
**Nov. 23 - Dec. 21**
Cosmic activity in the wealth area of your chart means you have no choice but to make changes that will affect how much you earn in the future. You should have started earlier, but better late than never.

### ♑ Capricorn
**Dec. 22 - Jan. 20**
The Sun in Cancer at this time of year means loved ones have a huge influence on how you think and feel. But just because they get emotional does not mean you have to get emotional too.

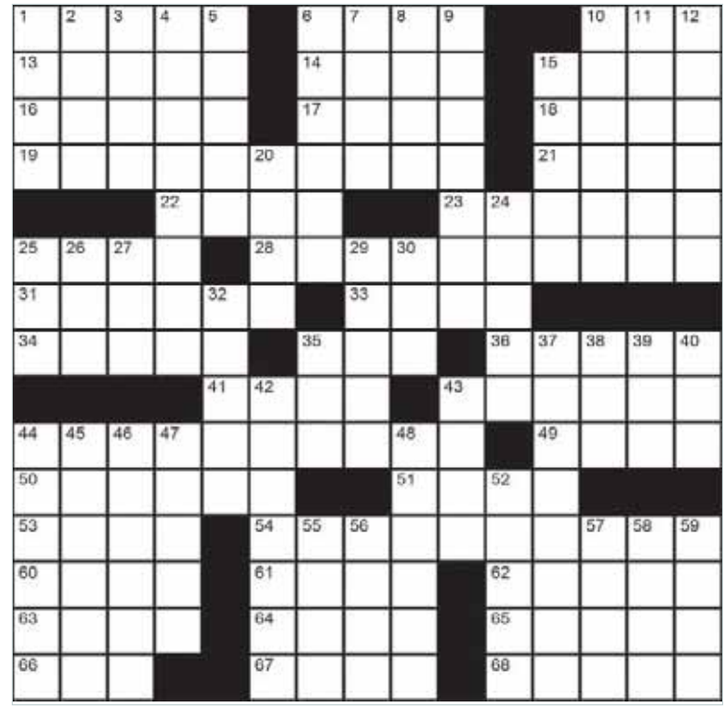
### ♒ Aquarius
**Jan. 21 - Feb. 19**
Plan what you have to do with as much care as possible. If you can do that then you will sail through the challenges of the next seven days. The big picture is important, but so are details.

### ♓ Pisces
**Feb. 20 - March 20**
You can let the world in on the secret plans you've been making. Some will be happy, other will be dismayed but what matters is you're making things happen. SALLY BROMPTON

## Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



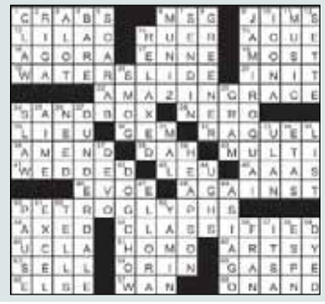
**Across**

1. Ex-Pres. Bill Clinton's nickname
6. Entr'__ (Theatrical interlude)
10. Looney Tunes 'Devil', cutely
13. "It's __ __ to you now."
14. Mr. Griffin
15. London, England's __ Park
16. Summery drink
17. Eurythmics' "Would _ __ to You?"
18. Take down __ (Humble): 2 wds.
19. Prime Minister's country retreat, __ Lake
21. 'T' in TV
22. Prefix with 'logical'
23. Neet user's temporary result: 2 wds.
25. Thunderstruck
28. Navigation instruments of yore
31. Profession
33. Bob Hope book, _ __ Russia $1200
34. Gawk
35. Fitting
36. Pacific __
41. Party inviter's request [acronym]
43. Neat ___ __ (Tidy)
44. Blake Lively TV series: 2 wds.
49. Marcel Marceau's job title
50. "The Talented Mr. __" (1999)
51. Each: 2 wds.
53. Mixed collection
54. Children's book by Mordecai Richler, Jacob Two-Two Meets the __ __
60. Hue
61. Mythical Hun king
62. Ms. Carter of "Designing Women"
63. Pegs on the green
64. Warren Beatty/ Diane Keaton movie
65. Mr. Estrada's
66. Alternatives
67. Dine-and-__
68. Machine button, perhaps

**Down**

1. Shindig
2. Uma Thurman's character in "The Producers" (2005)
3. Brit-pop group
4. Certain commuter; or, The Guess Who song: 2 wds.
5. Greenfly, for one
6. Martin Short comedy, "'Three ___!" (1986)
7. Gael, for one
8. Bee Gees, for one
9. Barry Manilow hit: 2 wds.
10. Rare blood, ___ _
11. Antarctica penguin
12. Canadian actor Kevin who played Damian Daalgard on #44-Across
15. Type of yoga
20. At hand
24. Margarines
25. House temp. coolers
26. Temple in Cambodia, Angkor __
27. Time
29. Ms. Hedren, Melanie Griffith's actress mom
30. Decompose
32. Uncanny
35. Dow Jones Ind. __.
37. Ghost stories telling spot
38. Prefix to 'centre'
39. Purpose
40. Opposite SSW
42. 1996 Leslie Nielsen comedy: 2 wds.
43. Mont Blanc, par exemple
44. Cave
45. More greasy
46. Backs
47. Casino games
48. Salad ingredient
52. Stranger
55. Cup _' __ (Hot drink, informally)
56. Alberta town
57. Foe of the Allies in World War II
58. Adidas competition
59. Liza Minnelli's ex-husband David

### Yesterday's Crossword



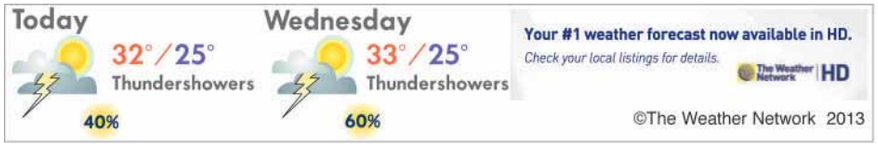
## Sudoku

**How to play**
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | 2 | | 7 | | 5 | | 4 | |
| 9 | | | | | | | | 7 |
| | | 8 | | 1 | | 2 | | |
| | 9 | 7 | | 3 | | 6 | 8 | |
| | 1 | | | 8 | | | 2 | |
| | 8 | 4 | | 2 | | 5 | 9 | |
| | | 6 | | 9 | | 4 | | |
| 8 | | | | | | | | 5 |
| | 4 | | 8 | | 6 | | 3 | |

### Yesterday's Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 2 | 7 | 4 | 9 | 6 | 3 | 8 | 1 | 5 |
| 5 | 3 | 9 | 8 | 1 | 4 | 2 | 7 | 6 |
| 1 | 8 | 6 | 2 | 5 | 7 | 4 | 3 | 9 |
| 4 | 5 | 8 | 3 | 7 | 1 | 6 | 9 | 2 |
| 7 | 2 | 1 | 5 | 9 | 6 | 3 | 8 | 4 |
| 6 | 9 | 3 | 4 | 8 | 2 | 1 | 5 | 7 |
| 8 | 6 | 5 | 1 | 2 | 9 | 7 | 4 | 3 |
| 3 | 1 | 2 | 7 | 4 | 5 | 9 | 6 | 8 |
| 9 | 4 | 7 | 6 | 3 | 8 | 5 | 2 | 1 |

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[1] Statistics Canada 2012 Airport Data

[2] Toronto City Centre Airport – Noise Management study – Interim Report, Jacobs Consultancy Canada Inc., February 2010.